Fusion movements

Fusion movements are complex movements that are constructed by two basic movements that serve as building blocks of the new creation. The difference between fusion movements and *movement sequences* is that the movements in the fusion are 'blended' together in a seamless manner, without any use of the *transition movement* used in the sequence, (the squat in our CSF, so far...) while basically creating a new movement - it does not longer look like a sequence of two movements that have a start and an end to each of them.

Rotation Into Bridge With QDR Exit

This is a very beautiful fusion movement, that may take a while to develop. Stay focused, make sure your wrists are warmed up and do extra wrist prehab at the end of your sessions.
A strong and stable Static QDR together with the QDR Rotational Push Ups are essential here. Go back to them and practice them often. If you do not have the control to do these, choose the beginner workout and perfect those movements first.

HEAD BRIDGE TO QDR

First one should learn the Head Bridge To QDR Push Ups.
Lay on your back. Lift into a back bridge and slide your head back, leaning on it. This will allow you to 'free' one of your arms. Lift it and bring it as far back and to the side as you can - towards your waist, placing the palm in such a way the elbow is pointing up waiting for the body to descend from above into QDR. Move your waist from above (don’t collapse) and place the waist on top of the elbow in a QDR position. Make sure the elbow is firm and the wrist, lower arm and upper arm are active and resisting.
Push back up, place your head on the floor and support some weight with it. Free your QDR supporting hand and bring it back to neutral bridge position. Start over on the other side and repeat for reps.
This movement will allow you to 'oil' the lowering down process from the bridge into the QDR. Practice it until it is easy and flowing. Do not neglect this stage, it is essential for further development.

The next stage is the Head Bridge Lower To QDR And Leg Swings.
In this stage, while lowering down from the head bridge into the QDR we will be using a cross step, from behind the knee, similar to the cross step previously used in the QDR Circles. (Article is here)
After lowering down and cross stepping, and when in a solid QDR position, we will swing the free leg back and forth, while maintaining balance and control, simulating the future exit.
After 2-5 leg swings, return the swinging leg from in front of the support leg and recross backwards the support leg into the neutral back bridge position, support on the head and change the arms to the other side. Repeat for reps.

The last stage in this developmental practice will be the full Head Bridge Lower Down to QDR and Leg Swings to Slide Out.
After a couple of leg swings in the last stage final position, use the momentum created by the swings to pivot out on the supporting elbow, while changing the orientation of the legs - from one bent and the other straight to the opposite position, and push sideways into the Squat.
I cannot highlight enough the need for strong wrists and arms in the positions above. **Starting this practice too early, without the proper joint preparation and strength training specific to this practice, will lead to injury.** No matter how strong you think you are, I have seen ex elite gymnasts, weightlifters and dancers hurt themselves trying to learn this movement. Be humble.

ROTATION INTO HIGH BRIDGE LOWER TO HEAD WITH QDR EXIT

The next progression after being comfortable with the Head Bridge Lower to QDR Slide Out is to add a Rotation Into High Bridge at the start.
Start with a Rotation Into High Bridge, when you reach the bridge position, lower down to your head and continue with the last exercise sequence.
After being able to do the complete combination, take away the leg swings before the slide out, to make it even smoother.

ROTATION INTO HIGH BRIDGE WITH QDR EXIT

The final product is the Rotation Into High Bridge to QDR Exit.
The only difference here is taking away the head lean in the middle of the exercise, making the two movements - rotation into high bridge and QDR rotational push up and blending them in a completely seamless manner. Notice the quality of the movement, smoothness and flow. Those are main concerns in our practice. Don’t just do it. Do it with flow.

Corta Capim Rotations

CORTA CAPIM ROTATIONS

This is a very ancient and traditional movement pattern in many cultures. You can see the Corta Capim movement in Russian Cossack Dances, eastern martial arts, African rituals and more. It is also used in a very sophisticated way in Floreio flow work. (This is only the tip of the iceberg concerning Corta Capim variations and uses in fusion movements... Stay tuned)
From a squat, shift your weight towards one leg, transferring to the ball of the foot and opening up the knee to the side. Straighten the opposite leg sideways and place both hands on the floor in front of you.
Bring the straight leg from the side towards the center, while lifting each obstacle in 'its path' when it arrives at it, and placing the obstacle back down right after it passed.
The first obstacle would be the first hand, then the other hand, and then the opposite foot - the one that supports us on the ground.
In order to lift the foot, we need to momentarily shift the weight off it - to the hands. The body will lean forward, the inside of the supporting leg would lean against the elbow, and the weight shift will allow us to lift the supporting foot up, pass the opposite leg below it and come down into the supporting foot once it has passed.
When you finish the complete rotation either continue into another one or when reaching the original 'legs sideways position', pull your straight leg back and shift into the flat foot squat at the same time.

This whole process needs to be practiced until it is smooth and seamless. It will take some practice, start slow, and 'oil' the movement as you advance.
Other important details:
1. The rotating foot will slide on the floor on it heel first, then the side of the foot, (knife of the foot) then the top of the foot, the inside of it and finally back to the heel.
2. Completely extend the leg at all times during the rotation. You want to create the biggest circle possible with the rotation, there is an special tendency to shorten the arc in the back - making it easier but not complete. Don’t fall into this trap.
I have seen many movement artists, athletes and sports man trying this skill, teaching it and.... doing it with very bad movement quality - not a full circle, jerky weight shift and an obvious lack of understanding of the movement details. Don’t join them, please. Take notice of the video demonstration, study it and reread the details. The devil is in the details. (and so is God)

Fusion Movement Workout - beginner

Warm Up - Mobility
A1. 5 min Joint Mobility
A2. Wrists Routine X 1 set
A3. Shoulder ROM and Stabilization routine X 1 set
A4. Ido's Squat Clinic Routine X 1 set
A5. Scapula Mobilization Routine X 1 set

Equilibre
B1. Static QDR 10-30 sec per side / 3 sets / 45 sec rest

Explosive Leg Work
C1. Jump Into Box - Standing 8 reps X 2 sets / 90 sec rest

D1. Jump Into Box - Iso-Squat 8 reps X 2 sets / 90 sec rest

Flow Work
E1. Head Bridge To QDR Work (choose the variation you are capable of) 10-20 reps / 3 sets / 60 sec

F1. High Bridge Static Hold 30 sec
F2. Rotations Into Arch Using The Wall X 10 reps
or
F1. Rotations into High Bridge X 10 reps
complete 3 sets / 60 sec rest

G1. Corta Capim Rotations X 20 reps per side / 3 sets / 60 sec

Conditioning/prehab
H1. Ecc Pistol + Side Push Up 10,8,6 (per leg) / as little rest as you need
I1. Wrist routine X 2 sets

Fusion Movement Workout - Intermediate

Warm Up - Mobility
A1. 5 min Joint Mobility
A2. Wrists Routine X 1 set
A3. Shoulder ROM and Stabilization routine X 1 set
A4. Ido's Squat Clinic Routine X 1 set
A5. Scapula Mobilization Routine X 1 set

Equilibre
B1. Static QDR 20-30 sec per side / 3 sets / 45 sec rest

Explosive Leg Work
C1. Jump Into Box - Standing 8 reps X 2 sets / 90 sec rest
D1. Jump Into Box - Iso-Squat 8 reps X 2 sets / 90 sec rest

Flow Work
E1. Rotation Into High Bridge to Head to QDR Exit X 10 reps / 3 sets / 60 sec
G1. Corta Capim Rotations X 30 reps per side / 3 sets / 60 sec

Conditioning/prehab
H1. Ecc Pistol + One Arm Side Push Up 10,8,6 (per leg) / as little rest as you need
I1. Wrist routine X 2 sets

Fusion Movement Workout - Advanced

Warm Up - Mobility
A1. 5 min Joint Mobility
A2. Wrists Routine X 1 set
A3. Shoulder ROM and Stabilization routine X 1 set
A4. Ido's Squat Clinic Routine X 1 set
A5. Scapula Mobilization Routine X 1 set

Equilibre
B1. Static QDR 30 sec per side / 3 sets / 45 sec rest

Explosive Leg Work
C1. Front Flip - Standing X 5 reps X 3 sets / 75 sec rest
D1. Back Flip - Iso Squat X 5 reps X 3 sets / 75 sec rest

Flow Work
E1. Rotation Into High Bridge to QDR Exit X 10 reps / 3 sets / 60 sec

G1. Corta Capim Rotations X 45 sec of work per side / 3 sets / 60 sec

Conditioning/prehab
H1. Pistol + One Arm Side Push Up 10,8,6 (per leg) / as little rest as you need
I1. Wrist routine X 2 sets